



Heat Safety: Protect Yourself and Your Team

This week's weather conditions are predicted to intensify as a more oppressive air mass takes hold. Abundant sunshine and a significant warming trend will drive daytime highs into the lower 90s across much of the state while humidity levels rise noticeably.

Remember that working in hot conditions can lead to heat-related illness. Protect yourself and your coworkers by following these simple steps:

- **Look out for each other.** Use a buddy system and watch for signs of heat stress.
- **Take regular breaks.** Rest in shaded or air-conditioned areas and drink water during breaks.
- **Dress for the heat.** Wear light-colored, loose-fitting, breathable clothing whenever possible. Be aware that required PPE may increase heat stress.
- **Stay hydrated.** Drink water frequently—don't wait until you're thirsty. During moderate work in hot conditions, aim for **about 1 cup every 15–20 minutes**.
- **Know the warning signs.** Report symptoms such as dizziness, headache, excessive sweating, nausea, confusion, or muscle cramps immediately.

Preventing heat stress starts with hydration, rest, proper clothing, and looking out for one another.

Remember: *Water. Rest. Shade. Look out for your team.*